



Sunday Menus and Selected Recipes

- SUNDAY BREAKFAST: Grapefruit, Soft Boiled Eggs, Buttered Toast, Coffee, with Cream and Sugar. DINNER: Cream Tomato Soup, with Crackers, Chicken and Gravy, Mashed Potatoes, Lettuce, Bread and Butter, Fruit Gelatine, with Whipped Cream, Cake. SUPPER: Coffee, with Cream and Sugar, Bread and Milk, Cake.

Laundry Economies. Now that living is so very high and we must all "conserve," I find it poor policy to wash dish towels and rags. The steam laundry does these much better than I can at 10 cents a dozen. Instead, I wash my handkerchiefs, jabots and lingerie waists and find it pretty work. I seldom boil or starch them, but use a little borax in the rinsing water to stiffen and whiten them. As I have to pay from 25 cents up for a waist, I effect quite a saving and my waists last much better. Often I find that by washing the collar and pressing the waist, I can freshen it sufficiently for several more wearings.

Eggs and Nationality. A man's nationality is betrayed to the thoughtful observer by the manner in which he eats his breakfast eggs. The Englishman uses a dainty little cup into which the egg slides deeply. The shell must be chipped with the spoon, and its fragments removed with the same utensil. The Englishman next lifts the top portion of the white or cap, then the contents are mixed on the plate into a neat little gray heap, and the contents of the egg are scooped leisurely out, due care being taken to get about half and half of white and yolk on the spoon at the same time, a fresh little dab of the nutmeg, pepper and salt being given to each spoonful of egg.

The German breaks his eggs—soft-boiled—into a large egg-cup, and spoons them up like soup. The Italian cooks eggs by placing them in a vessel filled with cold water, which is allowed to slowly come to the boil. When the water boils the eggs are cooked, and, according to the Italian, there is the only method by which the white consistency of the white and yolk can be secured.

When brought to the table it is generally the Italian's pleasure to break the eggs on a plate and sop them up with good white bread. When a man enters a restaurant and orders hard-boiled eggs, which he eats in two, then scoops the contents into a glass, there to be chopped up with butter, pepper and salt, his nationality is assured; he is an American.

There are two classes. First, those who depend mainly on one or more liquid substances, such as beer, mustard, ginger, horseradish, vinegar, capers, and the various spices. Secondly, those which depend mainly on sugar, combined with the juices of various fruits, or with the pulp, as in the case of marmalade. Now the question arises, are these and similar relishes conducive to health? A normal, vigorous appetite needs no such aid. It is sufficient of itself. The lower animals need nothing of the kind. The cow's green grass, the horse's dry hay, and the dog's bone with a little meal on it, are doubtless eaten with a relish that our pampered stomachs know little of. Unfortunately, all do not enjoy robust health. Some are in a feeble condition, with little or no appetite, and yet their necessary dependance mainly on the food they take. In such cases some simple relish is not merely desirable, but it is absolutely necessary. A sensible appetite quickens and increases the gastric secretions. In such cases, therefore, some piquant relish is really helpful. Probably, even the strongest is not injurious, if used with moderation; but relishes are very pernicious if used in excess, or to encourage overeating, or to coax one to eat when the stomach is already exhausted from previous repast.

Milk, before it is used, should always be boiled. This should be a rule without exception, applying both to children and adults in health and disease. The great objection to boiled milk is that it loses its pleasant taste, but this can to a large extent be avoided if the milk is boiled at once when fresh from the cow, or as soon as it is received. The reason for this is that boiling destroys the germs of disease which may exist in the milk, such as the germs of consumption, scarlet fever, typhoid fever and diphtheria. A large number of epidemics of the three last diseases have been traced to infected milk, and if the milk has been boiled before being drunk these would never have arisen.

Preserved milk is now very much used. There are two varieties, of it, sweetened and unsweetened, the latter being the best. It is useful when fresh cow's milk can not be obtained, but it is questionable if it should, at least in the sweetened form, be used so largely as it is. The sweetened is easily taken by infants because of the amount of sugar it contains, and although children fed on this look fat, yet there is a want of firmness about them, and they lack staying power, or more exactly, they lack the same power of resisting disease. Buttermilk is an article of food which is not sufficiently appreciated by the public. It is generally regarded as one

- BEE HIVE GROCERY. These prices good all week: Sugar, 15 lbs. for \$1.00; Diamond C or Lanson Soap, 15 bars, 25c; Fresh Eggs, per dozen, 15c; Fresh Country Butter, per lb., 30c; Best Creamery Butter, per lb., 25c; Corn Flakes, two 10c tins for 15c; Olives, in bulk, per quart, 25c; Best Prunes, per lb., 10c; Corn or Peas, two 10c cans, 15c; Corn Flakes, three 10c cans, 15c; Fresh Spinach, 10c; Fresh Peas, 15c; Dutch Cleanser, two 10c cans, 15c; Fine large Potatoes, per bushel, \$1.49; Large Peas, per 5 lb. can, 25c; Pork Chops, two lbs. for 25c; Choice steaks, two lbs for 25c; Choice Boiling Beef, two lbs., 25c; Shoulder Roasts, per lb., 8c; Fresh Spare Ribs, per lb., 10c; Fresh Neck Bones, per lb., 4c; No. 1 Bacon, per lb., 15c; Salt Pork, per lb., 10c; Home made Mince Meat, per lb., 10c; One fancy Imported Japanese Tea Pot with Chinese strainer, free Saturday with one lb. of our choice teas, per lb., 60c.

A Health Food. OMAHA JETTER. containing much nutrition, but this is an error, as in the making of butter only the fat is extracted from the sweet milk, while the nitrogenous portion and the sugar remain pretty much the same. It also frequently happens that small particles of butter are left in the milk, and when this is the case, it is often as valuable a food as sweet milk. It is of use when there is a deficiency of other kinds of nitrogenous food, as, eggs, beef and mutton.

Carrot Souffle. Boil some nice, well colored, young carrots in either boiling stock or slightly salted boiling water, and rub through a sieve when tender, using only the red part of the carrot. Blend together in a saucpan over the fire two tablespoonfuls of butter with two tablespoonfuls of flour, then add the carrot puree and let it all come to the boil. Season to taste with salt and pepper, add the yolks of three eggs, one at a time, and lastly mix in the whites of the eggs beaten to a very stiff froth; turn into a buttered fire-proof dish, and bake in a moderate oven for twenty-five minutes. There should be one cupful of carrot puree.

Mock Turkey. Cut cold boiled beef into cubes, place in saucpan and cover with water, let cook ten minutes, pouring on more water if it cooks dry; then pour into it half a cupful of milk to which has been added two tablespoonfuls of flour, salt and pepper, when thick, remove and serve hot. This has the delicious smell and taste of turkey.

Classical Soup Cookies. One and one-half cupfuls of sugar, one cupful of butter, one cupful of milk, three cupfuls of flour, three eggs, well beaten, one level teaspoonful of soda, one cupful of currants, one cupful of raisins, one cupful of chopped walnut meat, touch of cloves, allspice and mace, and one tablespoonful of cinnamon. Make batter and drop into buttered pans, by the spoonful.

Cold Slaw. Two eggs, well beaten, two tablespoonfuls of sugar, a pinch of salt, white pepper to taste. Mix all together and bring to the boiling point, being careful not to allow to lump, then remove from fire and stir in one-third of a cupful of cream.

Potato and Cabbage Fritters. Chop finely half a pound of cooked potatoes (hot or cold), a quart of a pound of Brussels sprouts or cabbage, and half a nice onion, mix well together. Melt two heaping tablespoonfuls of butter in a saucpan, add this to the vegetables with white pepper to taste, then stir it out into round cakes, flatten slightly, brush them over with beaten egg, roll in breadcrumbs, and fry in smoking hot fat to a golden color. Drain on white paper, and serve piled up on a hot dish, garnished with raw or fried parsley, or poached eggs.

Braised Onions. Put some peeled Spanish onions into a saucpan with enough cold water to cover, and blanch them, then drain well, and place them in another pan with three tablespoonfuls of butter, one sliced carrot, one sliced turnip, stalk of celery, bunch of sweet herbs, and four whole peppers, cover with a buttered paper, and the lid of the pan, and cook it for twenty minutes; then add one cupful of good stock and let the onions braise in the oven for three hours, adding more stock as that in the pan is absorbed. When done, dish the onions neatly, brush them over with a little warm extract of meat, and serve garnished on top with chopped parsley. Carefully skim off all the fat, stir in two tablespoonfuls of brown sauce, let it boil up, then pour it round the onions, and serve at once.

INSIST ON HAVING NEW ENGLAND BUTTERNUT BREAD. Pure, Wholesome, Nutritious. The Bread without a fault and made in the cleanest bakery possible. Good for Children; they like it better than cake. Absolutely Pure and Reliable. Baked Fresh Every Day. At All Grocers.

Pig Pork Loin, lb., 12c. Steer Pot Roast, lb., at 9 1-2c and 8 1-2c. Steer Steak, lb., at 11 3-4c. Young Veal Roast, at 10c. Pig Pork Roast at 8 3-4c. Pork Butts, lb., at 11 1-2c. Lamb Chops 11 1-2c. Sugar Cured Bacon, lb., at 12 1-2c. Cudahy Rex Hams, lb., at 14 1-2c. Fresh Dressed Chicken 10 1-2c. Watch for the Opening of Our New Grocery Department. DELIVERY WAGONS LEAVE AT 10:30 A. M. and 3 P. M. THE PUBLIC MARKET. 1610 HARNEY ST. Phone: Doug. 2147 Ind. A-2144.

may be beaten in with the yolk is preferred, and a grating of nutmeg added for seasoning. Lemon Catsup. Mix one tablespoonful of grated horseradish with the grated rind of four lemons. Add a teaspoonful of salt, the juice of the lemons, a dessertspoonful each of white mustard seed and celery seed, a dash of red pepper. Boil thirty-five minutes, then bottle while hot. In five or six weeks this will be ready to serve with fish. Poate Gens with Eggs. Butter one pan thoroughly, line with cold mashed potato; break into each an egg; season with salt, pepper and a bit of butter; cover with potato and bake till potato is a light brown. Serve hot. Cheese Biscuits. Make a biscuit dough, roll out half an inch thick; sprinkle with grated cheese, season with salt and pepper and bits of butter; roll up jelly cake fashion; cut slices from end and bake in quick oven. Salad of Peas and Nuts. Slightly salt a can of peas and cook in boiling liquor until all absorbed; set aside to get perfectly cold; then take peas and a cupful of any preferred nut meats, arrange on lettuce leaves, serve with mayonnaise dressing. Apple Custard Pie. Make very smooth apple sauce (it is best prepared through a vegetable ricer), sweeten well; to each cupful add two eggs beaten light and half a cup of fresh milk; flavor with nutmeg, vanilla or cinnamon; bake without oven crust. This receipt makes one pie. Delicious served with whipped cream. Coddled Apples. Six medium size rosy apples, two cups boiling water, half cup sugar, few pinches orange rind. Wash apples and stemmer slowly until tender in syrup made of other three ingredients, turning apples often so they will cook evenly. When done transfer to platter; hot down syrup until it is thick and dark; pour over apples, serve very cold with plain or whipped cream or boiled custard. Remove orange rind before the syrup is boiled over. Junket Ice Cream. One pint can evaporated milk, one cup sugar, one junket tablet dissolved in one teaspoon cold water, one teaspoonful vanilla, one quart milk; heat milk with sugar till lukewarm; remove from fire; stir in dissolved tablet and flavoring and let stand undisturbed until slightly "set"; add evaporated milk, pour into can and freeze in three parts ice to one part salt. Serve with canned or fresh fruit. Baked Macaroni with Eggs. Use four hard cooked eggs, four ounces of spaghetti, one heaping tablespoonful of butter, two tablespoonfuls of grated cheese, half a cupful of white sauce, and a little salt and pepper. Put the spaghetti in a pan of fast boiling water and cook it until tender, then drain. Thicken butter a fireproof dish, put a layer of spaghetti, then one of slices of hard boiled eggs; dust these with a little salt and pepper. Next put in more spaghetti, then more slices of egg, and so on until the dish is full ending with spaghetti. Pour the white sauce over this and sprinkle the cheese on top. Put the rest of the butter in little bumps on the top. Bake in a quick oven for ten minutes. Serve in the dish in which it was cooked.

CLEVER WRITER ON TOPICS OF INTEREST TO BEE READERS.



Decorate with sliced eggs and chopped parsley. Egg and Potato Pie. Shell five hard cooked eggs and cut them into slices, not too thin. Mash a pound of cooked potatoes and mix with a heaping tablespoonful of butter and two tablespoonfuls of hot cream. Season with salt, pepper and a very little nutmeg. With this line the bottom of a buttered earthenware dish and place in it a layer of the sliced eggs. Scatter over some chopped parsley and cover with a little white sauce. Continue alternate layers of potato, sauce and egg until the quantities are used. Let the last cover be a coating of sauce and cover the top with mashed potatoes; smooth this over carefully with a wet knife and mark a neat pattern on top with the point of a knife; brush over with beaten egg and bake in a moderately heated oven for half an hour. Decorate with parsley. Sweet Potato Pie. Boil small sweet potatoes until very tender, then remove from fire. Make pie crust and line pie plate with it. Slice potatoes thin, and cover bottom of pan with them, put sugar to taste, butter, a touch of cinnamon, and plenty of good tart jelly laid in small pieces over the other. Then pour a little hot water over all, sprinkle with flour, and then put in the upper crust. You will be surprised at the excellent pie you will have at a very little expense. The more jelly used the better. Peanut Butter Fudge. Two and one-half cupfuls of white sugar, half a cupful of peanut butter, half a cupful of milk, one cupful of ground nuts, butter the size of a walnut, and vanilla. Cook the peanut butter, sugar and milk together until it forms a soft ball when poured into a cupful of cold water, then add the walnut butter and vanilla and pour into buttered plate and cool. The walnuts may be left out if desired. Live wires smoke permits 3 coats.

L. ROSENBLUM. Better Groceries for Less Money. 808 North 16th St. Phone: Doug. 6282. Ind. B-2560. Best Sugar, 17 lbs. for \$1.00. Best-All or Swift's Pride Soap—10 bars for \$1.00. Fancy Green Olives, quart par... 25c. Diadem or Idlewild Creamery Butter, per lb. 35c. Kingsford's Gloss Starch, 6-lb. box for 50c. Good Corn, 2 cans for 15c. Carnation or Pet Milk, 3 cans... 25c. four 6c cans for 15c. Slinger's Pork and Beans, two 15c cans for 25c. Calumet Baking Powder, 25c size, 50c. Royal Baking Powder, 25c size... 50c. Yeast Food, 5c pkg. 2c. Fancy Dried Peaches, 2 lbs. 25c. Buy your Flour here—World's Pride, Blue Bell or Sunlight, per sack, \$1.40. XXXX Flour, per sack \$1.25. Van Camp's Milk, dozen cans 60c.

Now Here Is Your Chance While They Last, Saturday. Come Early Before the Stock Is All Gone. Cherries, large size trees, each 15c. Currants (cherry red), 5c 6 for 25c. Gooseberries, 5c, 6 for 25c. Grapes (Concord) 5c each, 6 for 25c. Snowballs, 15c, 2 for 25c. Hydrangea, 15c, 2 for 35c. Hibiscus, Phlox and Iris, per dozen 50c. Sweet Williams, Hollyhocks, per dozen 75c. Bleeding Hearts, 15c each, 2 for 25c. Lily of Valley, per doz. 40c. Honeysuckle 10c, 3 for 25c. Ever blooming Roses, 15c, 2 for 25c; per dozen \$1.50. A few Early Ohio Potatoes (Red River) to close out, per bushel at \$2.00. THE Nebraska Seed Co., Doug. 1261. 1613 Howard St.

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For Your Sunday Dinner TAKE HOME A BRICK OF DELICIA ICE CREAM. "As smooth as velvet" PURE-WHOLESOME-DELICIOUS. We stand for purity of food products and give our hearty endorsement to all pure food laws. Aside from the richness of taste and delicacy of flavor of DELICIA ice cream, we desire to impress upon you its purity, wholesomeness, digestibility and healthfulness. Every ingredient is tested by its purity. Try a brick of DELICIA for your Sunday dinner and there will be no room for argument. Your druggist sells DELICIA. Insist on having it. MADE IN OMAHA BY THE FAIRMONT CREAMERY CO.

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Reducing Stock at Loyal Hotel Pharmacy. Prices So Low You Are Paid for Walking a Little Ways. 1,000 sheet package Toilet paper, Saturday at 6c. 25c Santol Tooth Paste, Saturday at 14c. 25c sack Sea Salt, Saturday 14c. 1 gal. Grape Juice, Saturday 50c. 4-qt. Rigger's Flower Drops 98c. 15c Col. Outing pkg. 9c. 50c Viola Cream 19c. 25c Viola Soap 14c. 25c Peroxide Cream and 25c Peroxide, both for 25c. \$1.50 Rigger's Flower Drops 4-qt. \$2.00 Fountain Syringe 98c. 50c Wright's Perfumes, oz. 19c. Full pound Cotton 19c. 10c Toothache Gum 5c. 10c Liquid Court Plaster 5c. Asst. 25c Tooth Brushes 14c. 25c and 35c Combs 14c. 25c and 35c Lather Brushes 14c. CIGAR PRICES SLASHED. 50 boxes Pearl Palace Cigars, per box \$1.10. 50 boxes Owl Cigars, box \$1.45. 50 boxes Imported Manila, per box, at \$1.45. 1-lb. bottle Glycerine 29c. 25c Frostilla 14c. 25c Eclipse Almond Cream 14c. 4-qt. Cloth Inserted Hot Water bottle 89c. 85c Fountain Syringe 49c. 3-qt Hot Water bottle 49c. Capitol Ladies' Douche \$1.75. 15c Marcus Ward's Pongee Envelope 45c. 1-lb. Marcus Ward's Pongee Bond Paper, regular retail price 90c, on sale Saturday for 80c. THE LOYAL PHARMACY (Sherman & McConnell Drug Co., Proprietors.) 207-209 N. 16th Street.

Decoration Bids Being Considered. Sketches of bidders for the county building decoration contract were examined by the Board of County Commissioners, but no decision as to who will be given the contract was made. The matter will be given further consideration today and a contract may be awarded then. It developed that some of the bidders who offer mural paintings by Blasfield can have any large part of the work done by him. Receiving only \$5,000 for the entire work, they can afford to employ Blasfield only in the painting of four small panels in the dome. Edward J. Holtag of Holtag & Co., who was in charge of interior decoration, and painted several of the murals in that building, offered to paint most of the murals himself and have the others done by Henry Cox or some other congressional library artist.

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Alcohol for Boys? Go To Your Doctor. Ask your doctor how often he prescribes an alcoholic stimulant for children. He will probably say, "Very, very rarely." Ask him how often he prescribes a tonic for them. He will probably answer, "Very, very frequently." Then ask him about Ayer's non-alcoholic Sarsaparilla as a tonic for the young.